

# Selective Mutism

## Resources for Parents

Compiled by SMIRA

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# Introduction

This bibliography aims to provide you, as a parent, with a variety of resources which are both up to date (published within the last five years) and relevant relating to Selective Mutism.

I have split the bibliography into sections under different headings, as follows:

- General Works
- Treatments
- Shyness and Anxiety
- Children's Books

The first section contains general resources which include, for example, definitions of Selective Mutism, the characteristics shown by Selectively Mute children and how this affects their behaviour and the impact it may have on their families. The second section relates directly to the different treatments that may help your child and some of the different approaches that have been tested by professionals to treat the condition. The third section relates to Shyness and Anxiety. This section has been included because professionals often regard Selective Mutism as an anxiety related condition as it often shows many of the same characteristics. The last section contains a number of Children's books that you can read to your child or they can read for themselves, as they are able to do so. The books discuss many of the different feelings children with Selective Mutism experience and give positive messages in a gentle and sensitive manner which many children will relate to and understand through the wonderful medium of story.

In each section of the bibliography the resources are listed in alphabetical order by author. I have tried to include as many different kinds of resources as possible, as I realise that many parents have limited time and so I have included some resources which are easier to quickly find a general overview of the condition (such as a video). Resources include books, journal articles, video, CD-ROMs and websites.

All the resources included in this bibliography are in the English language to make it as accessible as possible to parents in the United Kingdom. Much research and relevant materials on Selective Mutism continue to be produced by many other countries, however, especially the United States and so some of the resources included have been published there.

This bibliography cannot include all the materials available on Selective Mutism but I want to reassure parents that the material selected for the bibliography has been selected from respected sources and these include the British Library, Journal and abstracting services such as Zetoc and Infotrac and national Selective Mutism organisations including the only United Kingdom based organisation SMIRA (Selective Mutism Information and Research Association).

As a parent with a Selectively Mute child myself, I recognise, especially for parents new to the condition, the need for quality resources about the condition. I hope that this bibliography can satisfy that need and that by becoming more informed about the condition you as a parent will feel more reassured and confident in helping your child and feel supported by the organisations mentioned in the resources.

# General Works

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